CALIFORNIA STATE UNIVERSITY
LONG BEACH, LIBRARY

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Vol. LXVII, Issue 123 | 8.15.16

SURVIVING

The Beach

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FINISH

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Getting around

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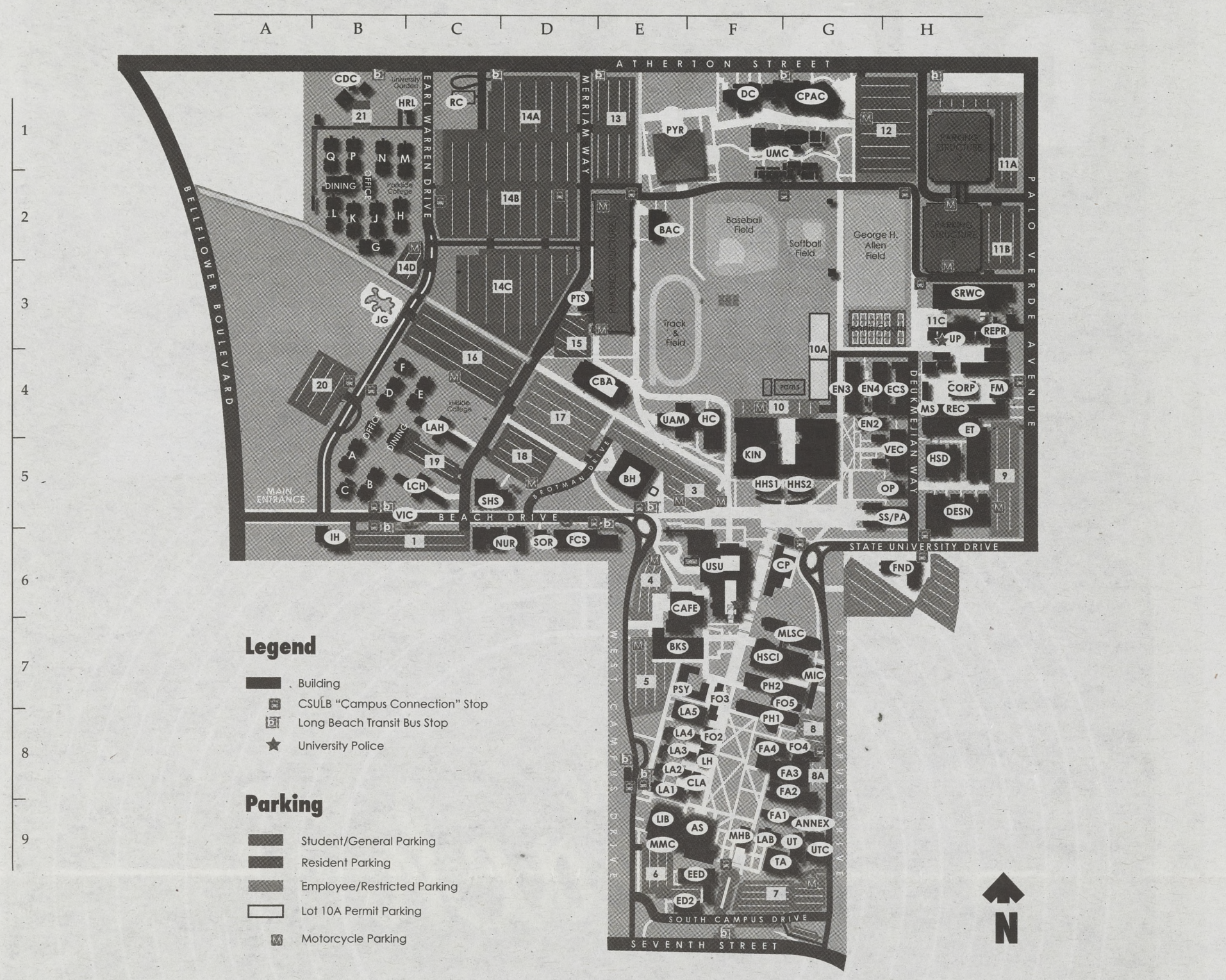
Love and grades

Balancing relationships and classes isn't always easy. **Page 8** will help you walk the tightrope.

Pack smart

Is your backpack bulging? **Page 6** has your list of must-brings and must-leaves.



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- Long Beach Transit Bus Stop
- University Police

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- Resident Parking
- Employee/Restricted Parking
- Lot 10A Permit Parking
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CAMPUS MAP

Getting lost on campus is a right of passage at The Beach. However, keep this map handy to avoid some confusion on the first day of classes. You'll never have to ask a stranger for directions again.

MAP: CSULB.EDU

Take LBT, ride for free

A brief run-down on some of the busses that shuttle their way through CSULB.

By Miranda Andrade-Ceja
Managing Editor

One of the handiest things about living in an intercity area may be the accessibility to public transportation, an at-times underappreciated method of travel. Luckily at Cal State Long Beach, a plethora of Long Beach Transit busses run up and down Beach Drive solely for the purpose of shuttling students not only to and from upper to lower campus — but to places beyond.

Unfortunately, learning bus systems (especially for incoming students) may seem complicated and incredibly threatening. For many, we learn by trial and error — which essentially means hopping on a bus with a specified route in mind, only to find that you've chosen the wrong bus and are now stuck somewhere in North Long Beach.

That's never fun. So here are some rundowns of the busses that run through our campus.

Route #121: Ocean/Belmont Shore/ CSULB/Pacific Coast Highway at Ximeno

Going Westbound (towards the Veterans Affairs hospital), the 121 cruises down to the Long Beach Marina, where you can find a number of grocery markets, health food stores and one of the two In-N-Out's in Long Beach.

This bus passes through Belmont Shore, a belt of boutiques and eateries (including a cluster of 21+ venues for the transfer students).

Going Eastbound, the 121 has a relatively short route — however, it's perhaps one of the most convenient. Eastbound, the 121 makes stops at Pacific Coast Highway and Clark avenue, as well as the Beachside dorms. With that being said, it's a packed bus at high-traffic hours.

Route #171: PCH/CSULB/Seal Beach

If you take this bus going Westbound (away from the VA hospital), the 171 rolls down the Pacific Coast Highway, towards the Metro Blue Line station on Long Beach Boulevard.

The Blue Line is your transfer to downtown Los Angeles, if you ever have the time to make a day trip — however, besides that, the 171 going Westbound will drop you off near the Beachside dorms as well as Long Beach Community College.

Make sure you don't get caught on the 171 going Eastbound by mistake, as that route will take you all the way to Seal Beach.

Routes #91, 92, 93, 94: 7th St. - Bellflower/Woodruff/Clark/Los Altos

For inexperienced riders, the 90s may seem like a behemoth of busses that have no apparent direction. After all, these busses do not make any stops near student dorms or high-populated student housing — however, this is the bus for commuters.

Whether you're commuting from Downtown Long Beach to CSULB or locations in Bellflower, Woodruff or any other neighboring city, these busses have sprawling routes and are always running through campus (no duh, there are four of them).

Going Westbound (towards the VA hospital), this bus will take you down 7th Street until you hit downtown, which makes it a perfect bus route for students who live away from Atherton Street, PCH or Clark. Be careful when taking one of these buses going Eastbound, though — because as handy as these busses and their extensive routes are, you wouldn't want to get stuck on one by mistake.

NOT ALONE @THE BEACH

Sexual Assault Victim's Advocate
(562) 985-2668 | (562) 985-1732

The Advocate can help CSULB students affected by sexual violence through:
Crisis Intervention, Advocacy, Accompaniment, Information and Referral

After 5 PM call YWCA-GLA
Sexual Assault Crisis Services
24-Hour Crisis Hotline (877) 943-5778

WOMEN'S & GENDER EQUITY CENTER

Womens and Gender Equity Center (WGEC)
LA1, Room 102
(562) 985-8576
9 AM - 5 PM
CSULB.edu/WGEC

eliminating racism
empowering women
ywca
greater los angeles

Top three things to know about parking

From Zimrides to new vehicle permits, CSULB brings new parking rules.

BY YASMIN CORTEZ
News Editor

New license plate recognition parking permits:

Fall semester introduces a new parking permit that requires License Plate Recognition (LPR) technology implemented campus-wide.

This new type of virtual permitting will not require a physical permit to display. Students who buy the semester pass can now register more than one license plate under the same purchased permit, as opposed to moving a physical permit car-to-car. Up to 7 license plates can be registered to the same permit but only one car can be present on campus.

In addition to the new parking permits, new parking pay stations have been installed around the parking lots that require students to enter their license plate number.

Students and visitors do not have to be limited by the four hour parking limit that was enforced on the meters and can now have the option of $7 all day parking and other time options.

Additional Parking:

Students can anticipate the horrid overflow of cars and parking-less parking lots during the first week of the semester. Luckily, overflow parking will be made available with free shuttle services for students with valid student/employee parking permits at the Greek Orthodox Church, less than a mile away from campus on 5761 E. Colorado St., Long Beach, 90814.

The shuttle will leave 20 minutes past the hour and drop off students in front of the McIntosh Humanities Building on upper campus. The last shuttle will leave the MHB for the Overflow Lot at 6:50 p.m. during the first week.

Overflow parking will be available Aug. 22- Aug. 25 from 7 a.m.- 7 p.m.

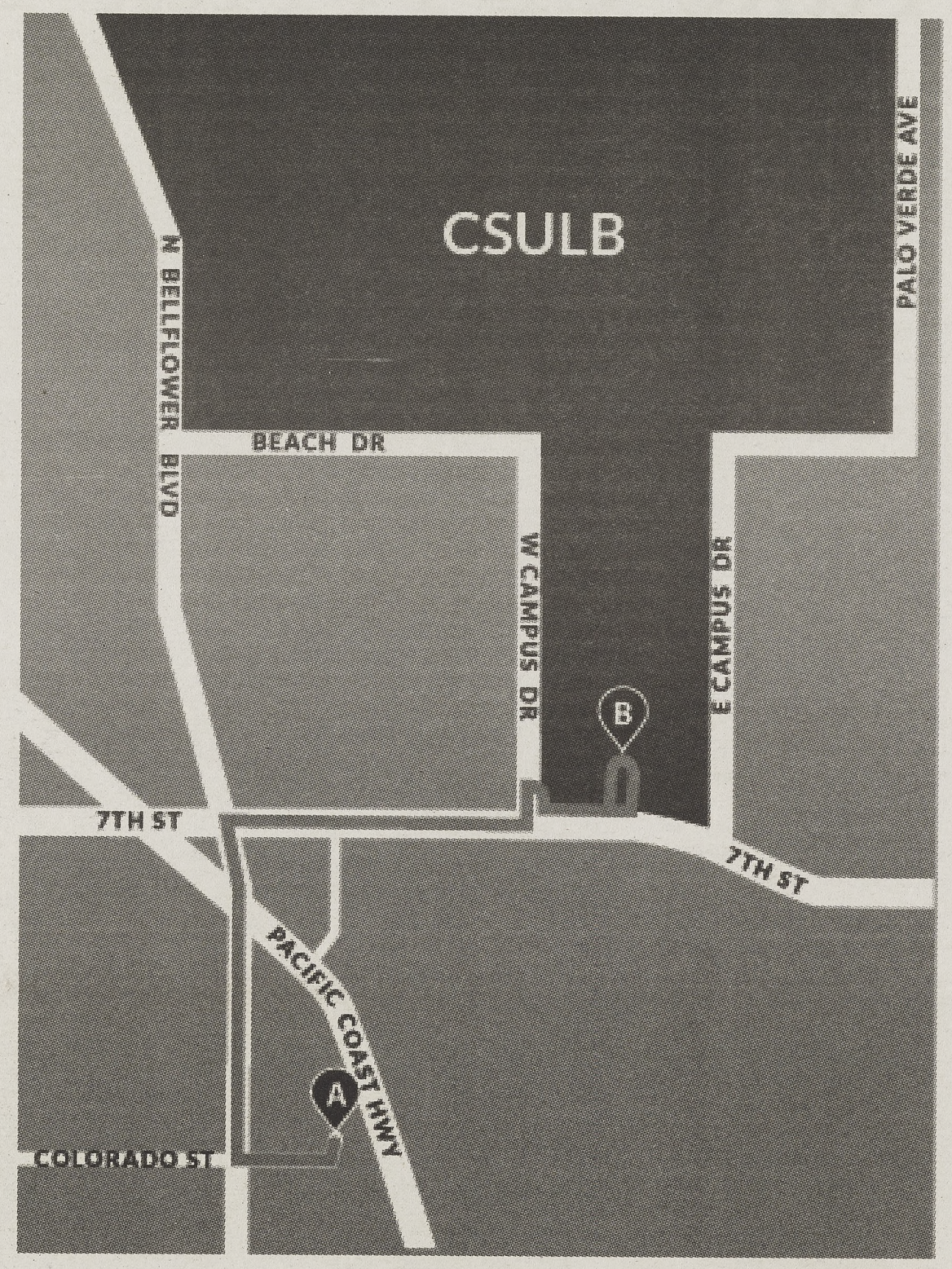
Visit www.csulb.edu/parking or call 562.985.RIDE for more information.

Zimride:

It's not exactly Uber, but if you're looking for a ride, CSULB has partnered up with Zimride to make carpooling and transportation easier for students.

Zimride finds a commuting partner in your area to split costs and gives you the option to be a driver or, if you're simply looking to hitch a ride, a passenger. Users can add their commuting schedules and their asking price to individual profiles used to set up matches.

www.zimride.com/csulb



PHOTOS COURTESY OF CAL STATE LONG BEACH WEBSITE

CSULB can 'breathe easy' this fall

Cigarettes, vapes and all tobacco-related products prohibited on CSULB campus.

BY RIVA LU
Contributing Writer

With fall semester approaching, the new Breathe campaign that will enforce a smoke-, vapor- and tobacco-free campus will take effect officially Sept. 1, 2016.

The campaign's objective is to promote public awareness of health risks associated with tobacco use and exposure to smoke, including those produced by vapor cigarettes, said Shayne Schroeder, Media Expert from the CSULB Office of Public Affairs in the online publication Inside CSULB.

This policy will apply to students, staff, faculty, visitors and vendors.

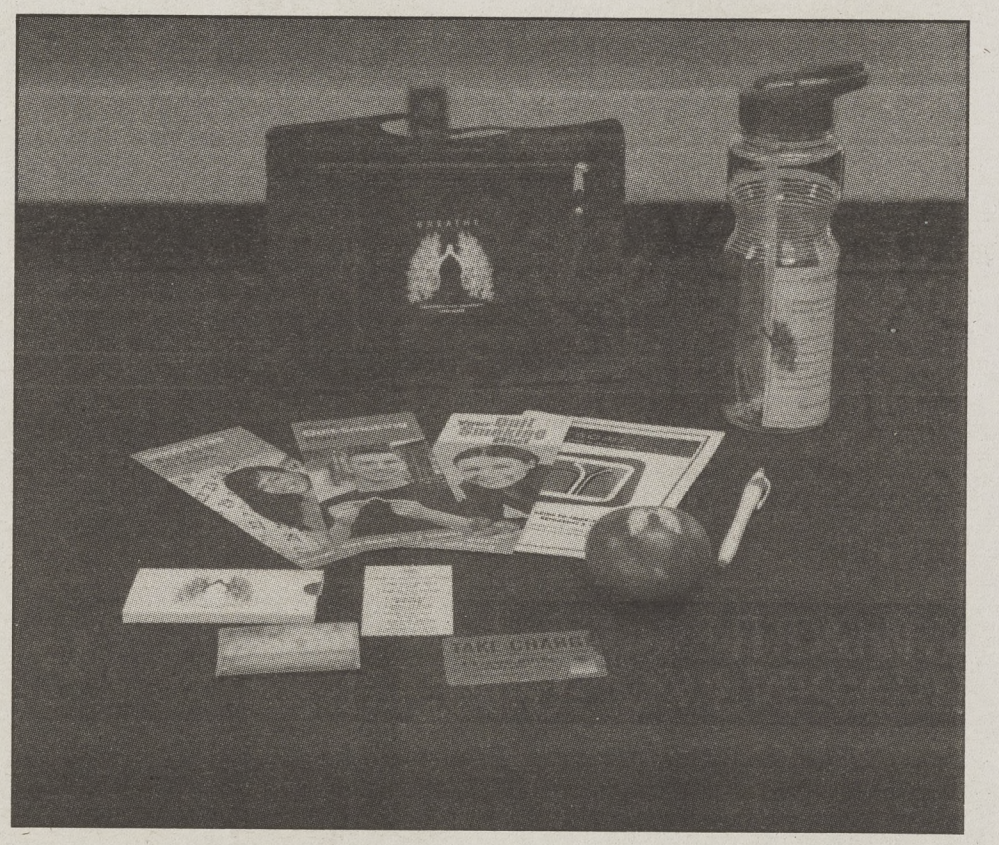
Currently, Breathe campaign advocates are working on a digital toolkit to provide resources for people who smoke, including a page of mobile apps to help them quit.

The campaign has removed approximately 113 ash cans across campus, according to Inside CSULB.

Tobacco users do not have the legal right to expose others to secondhand smoke and are not entitled to protection against discrimination as addicts or as disabled persons according to Assembly Bill 846, Governor's Executive Order W-42-93.

The Breathe FAQ page said that establishing a tobacco-free campus preserves everyone's right to breathe smoke-free air in a cleaner campus environment, while allowing adults who choose to use tobacco to continue to do so off campus.

According to the FAQ page, this campaign will be beneficial to the campus in more ways than just promoting clean air. This campaign will also save money from staff time cleaning cigarette litter and have their focus shifted to other projects on campus, as well as prepare students for tobacco and smoke-free work environments. It will also prevent students from using tobacco products and will encourage smokers to quit.



ROBERT YAGAKE | DAILY 49ER ARCHIVES

Books, beds, texts and checks

Know the best online resources for the CSULB student.

BY JASON ENNS
Arts & Life Editor

COURTESY OF CREATIVE COMMONS

Books collecting on a shelf when they could be sold on Beach Texty.

The academic year is kicking off and the expenses seem endless. After paying tuition, all the concurring student fees and cost of living, it comes time to buy several expensive books that are only needed for four months and then returned, resold or entirely forgotten in a closet.

One way to save some money on books is to know all the options for buying and selling. For students who don't like the prices they see at the bookstore, the next move is typically to do an internet search. Oftentimes, cheaper versions of required textbooks can be found on sites like Amazon and Chegg.

Unfortunately, these sites only typically help students save money if they sign up for standard shipping – which means the books might not come until three weeks (and several assignments) later.

Thankfully for Cal State Long Beach students, there is another option. Beach Texty is a website meant for CSULB students to buy and sell textbooks to one another. Beach Texty allows buyers to meet face-to-face with the seller.

Beach Texty is a student-run website, and in the absence of a middleman, the student gets to set their own price. This typically means the seller can get more money than selling back to the bookstore, and buyers can get a fair price on a book they can't wait weeks for.

Selling a book is simple. Sellers just fill out a single-page form of the book's information, set a price and post it to the site

It is designed specifically for CSULB students, so users can do a simple search by book title or class. When a buyer finds a book they wish to purchase, they reserve it with a credit card or PayPal account and are given a payment code.

Upon reservation, both buyer and seller are given the other's phone and email information so they can schedule a time and place to meet on campus. If the buyer wants the book after seeing it in person they exchange the payment code for the book, at which point the reserved money is transferred immediately into the seller's PayPal account.

Beach Texty isn't the only useful online tool for CSULB students, though. There are also convenient off-campus housing sites designed for 49ers. CSULB's off-campus student housing site has an extensive listing of housing options, which can be accessed at csulb.och101.com.

The webpage offers a map of Long Beach, with locations for rent that are easily identifiable as a house, apartment, condo, townhouse, mobile home, room in a home or someone seeking a roommate.

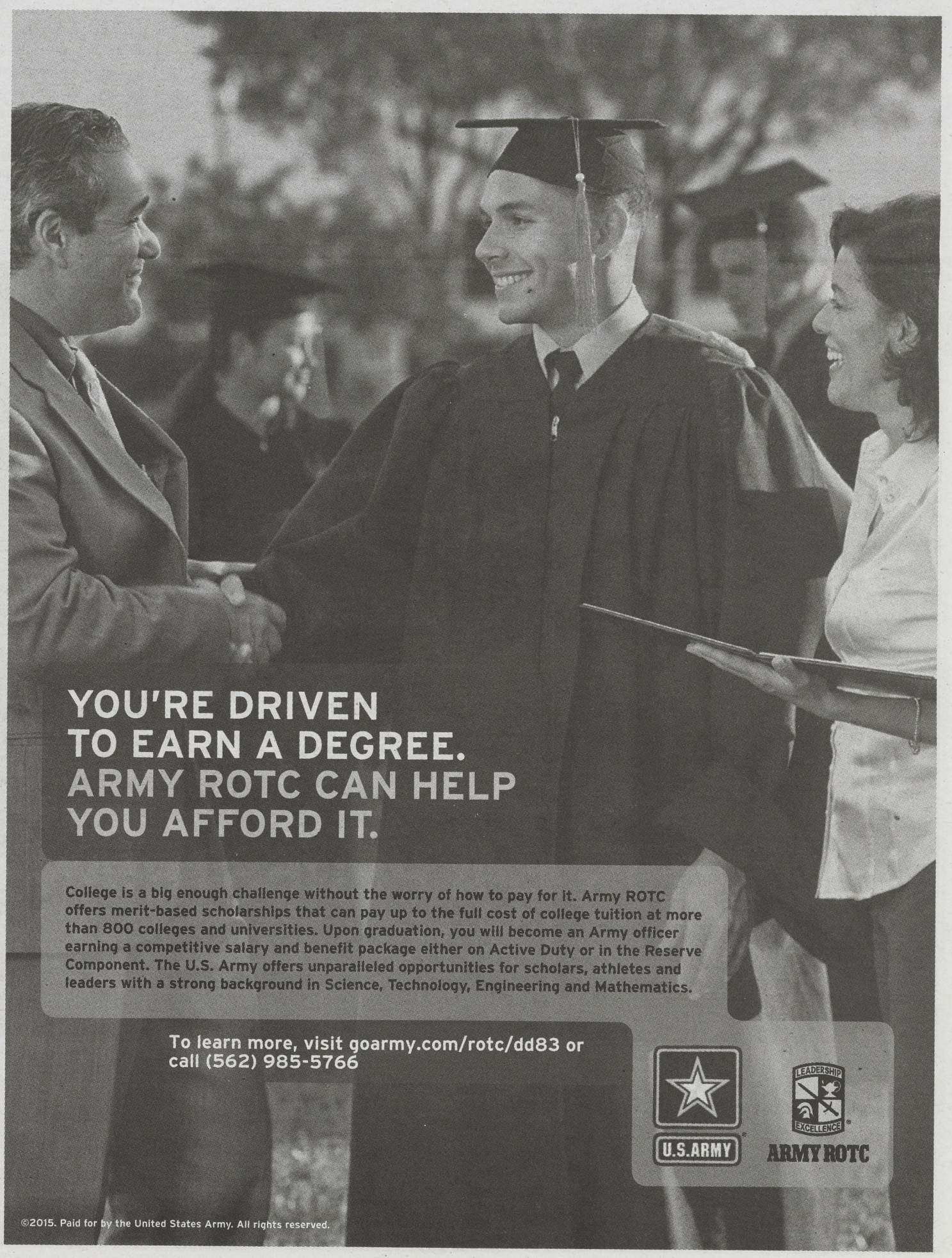
The website also offers a roommate finder that works like an eHarmony for roommates. Students fill out their profile and receive individual suggestions based on the site's matching system. The webpage calculates a percentage of compatibility to possible roommate candidates.

This academic season, always remember to do a thorough internet search before pulling out the credit card. There are plenty of resources geared specifically to the CSULB student community to help find the best fit.

got opinions?

learn.g...mu...earn.p...de...
parliament.professors.schedule.work.paycheck.taxes.budgetcuts.news.media.life.sex.entertainment.relationship.need.politics.government.politics. learn.president.presidential.candidates.celebrity.technology.family.tests.life.publicschool.tuition.personal.education.books.health.science.sex.entertainment.relationship.need.politics.government.professors.life.

email opedD49er@gmail.com



Just take it or leave it

These are do's and don'ts of what to bring to campus.

BY JASON ENNS
Arts & Life Editor

To the first time Cal State Long Beach student, allow me to be your personal liaison as you get ready to start on an epic journey.

Perhaps the most important knowledge when preparing for any journey is knowing what to bring, and in some cases knowing what to leave; I would like to share this knowledge with you.

Do not bring:

A laptop: CSULB is home of the Horn Center, and the Spidell Technology Center in the library, two of the largest computer labs in the California State University system. There are also more intimate study spaces where students can use computers and print in the FO4 building like the African Student Association Center, American Indian Student Study Center, Asian/Pacific Student Center, LGBT Resource Center and the Raza Resource Center. Both the Horn and Spidell centers offer Mac and PC computers and collectively have 288 available desktops. This may not sound like a lot for over 37,000 students, but there are practically always open computers.

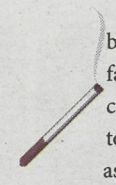
Some will inevitably neglect this advice and stuff a laptop in their backpack, but typically only gain sore shoulders and an aching back. A lighter pack means a happier back. With all the figurative weight from the stress of classes, getting some literal weight off the shoulders will be a huge help for the psyche.

A winter coat: Depending on your schedule you might fall into the Long Beach marine layer temperature trap. For students with class at 8 or 9:30 a.m., it is likely there will be some overcast and cooler temperatures when leaving for campus. However, around 11 a.m. you'll emerge from class and be greeted by rays of sunshine. This will force you to make a choice: either leave the sweatshirt on and sweat into your undershirt all day or take it off and run the risk of forgetting it on a bench somewhere.

A car: As many already know, CSULB is a commuter school. For lots of students, leaving the car is not an option, but for Long Beach residents it is highly recommended you get yourself on a bus schedule. On top of saving time, the bus also makes things easier on the planet and the pocket book. Bus rides are already included in student fees, so if it's possible, save money on carbon-emitting gasoline and pick up a complimentary, unlimited-use TAP card.

Since so many of the 37,000-plus students live outside the city, parking lots fill up fast. Traffic on the way to campus matched with the long and grueling search for a parking spot makes for a strong case to save time by taking the bus. On top of that, you'll avoid more wasted time and feet-aches when getting off the bus at Brotman or the library instead of walking from the deep corner of the parking lot.

For students living on campus, there's really no reason to bring a car at all. Dorm students can walk or shuttle around campus, and bus to anywhere around the city, even Seal Beach, for free. If students want to take trips out of town, the Metro is available at an affordable price, and has a bus that goes directly to Disneyland.

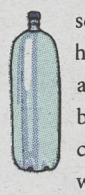


Cigarettes: Yes, to the bane of many students and faculty alike, CSULB has become a smoke-, vapor-, and tobacco-free campus. The ashtrays have been ripped away from the old smoking areas, and in their place are signs that read "Breathe." As of the 2016 fall semester the school's campaign to create a healthy educational and working environment will be officially in effect. To avoid a campus where cigarette butts are tossed to the ground in the absence of ashtrays, it's probably best to just leave the temptation at home.

Do Bring:

Comfortable shoes: Clocking in at 5,522,402 square feet with 106 permanent buildings on 322 acres, CSULB is a large campus. It is broken up into two segments, upper and lower campus. Lower campus is topographically lower than upper campus, meaning a walk from the parking structure to the library is one heck of an uphill climb.

Comfy shoes are especially important for students still completing their lower division GE classes because their schedule can drag them from the liberal arts buildings down to engineering, up to the College of Arts, before heading back to kinesiology. Students' feet will be much happier if they're sure to wear socks with their Vans, and leave the heels at home.

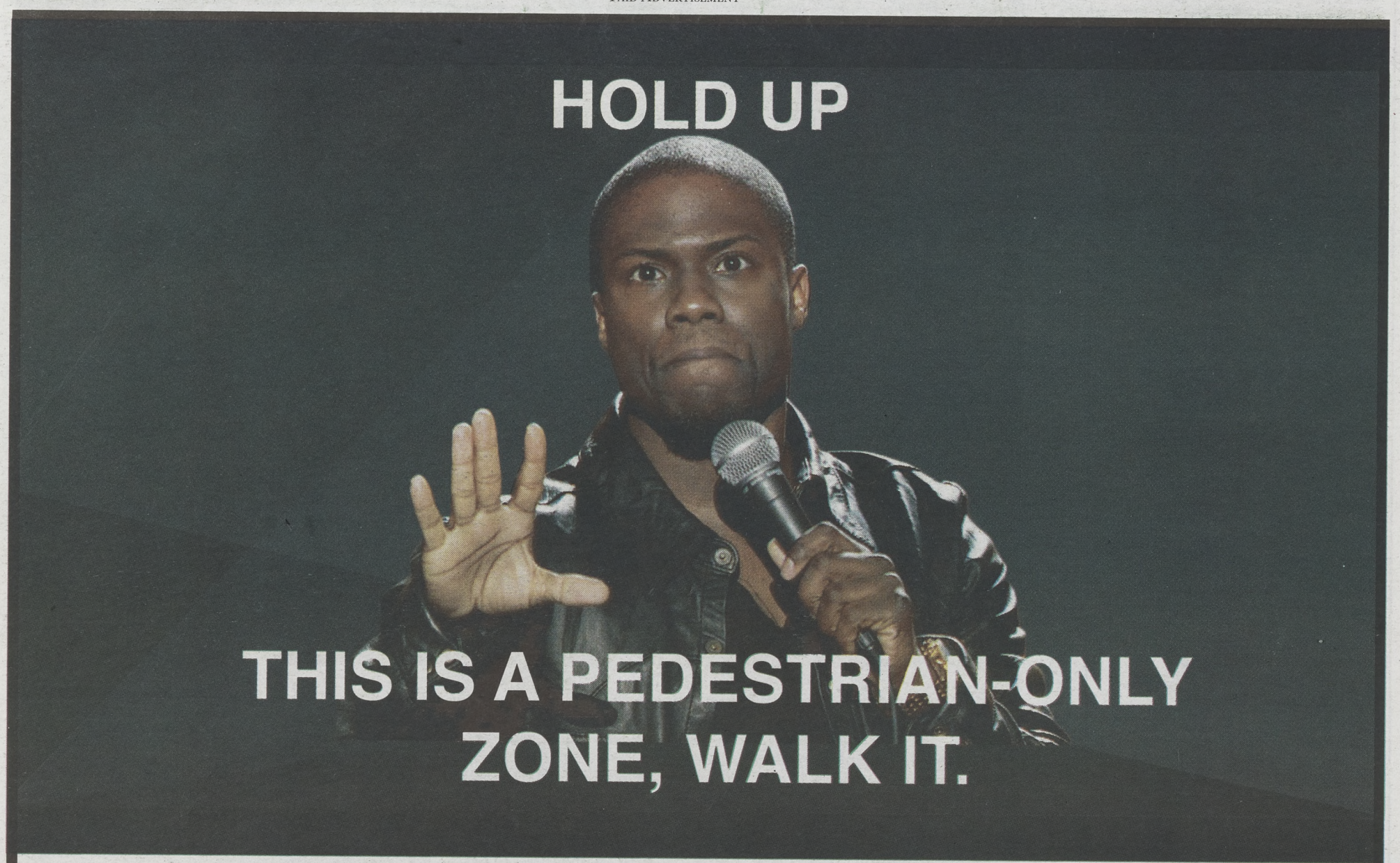


Refillable water bottle: The average school day can be long and hot, especially while lugging around a pack full of textbooks from lower to upper campus. A quality reusable water bottle is a sound investment. Hydration is ever-important to surviving the day. There are plenty of water fountains around campus, but it's always handy to have water in hand. Water fountains have an overhead spout to make refilling bottles quick and convenient. Without a reusable bottle, students are likely to wind up buying water bottles from an on-campus store or vending machine. Last year, the average American used 167 disposable water bottles for a national total of about 50 billion plastic water bottles. Not only will bringing your own bottle help save money but it will also help save the planet.

Beach Club card: Your student ID

see **BRING IT** page 9

PAID ADVERTISEMENT

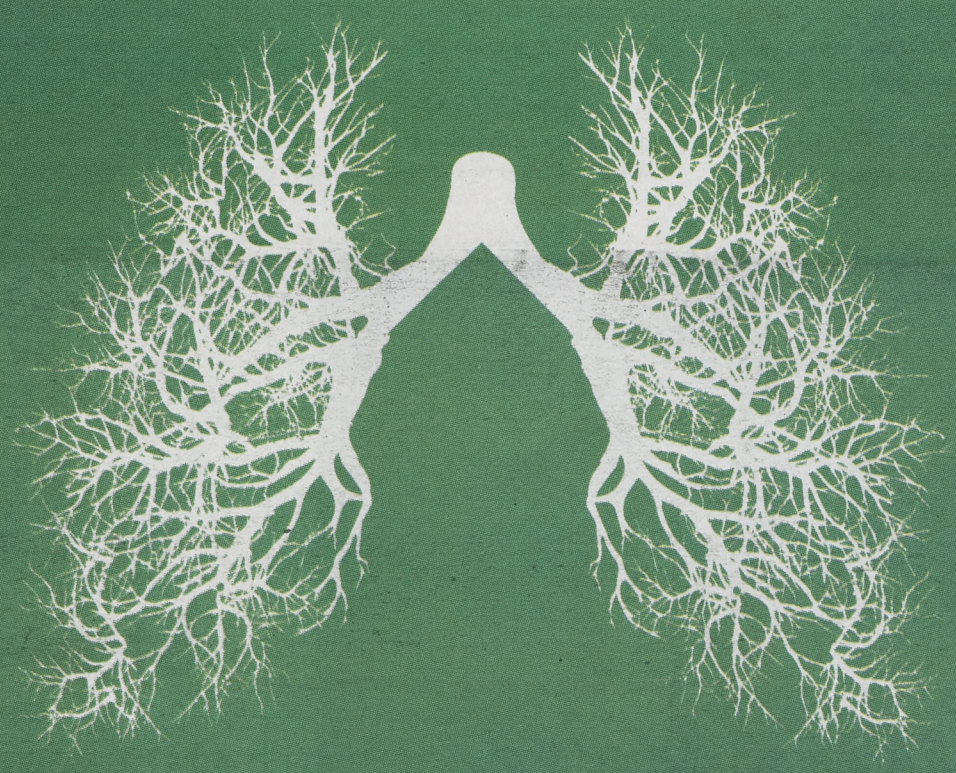


Skateboarding allowed only in pedestrian zones, with the exception of pedestrian-only zones.

For more information please visit the following website:
https://daf.csulb.edu/offices/ppfm/police/coasting_device_policy.html

CSULB is a smoke, vapor and tobacco-free campus.

BREATHE



WWW.CSULB.EDU/BREATHE

'Oh no, not that professor.'

Here's a cheat sheet for interacting with the different kinds of professors you'll meet.

BY JORGE PANIAGUA
Opinions Editor

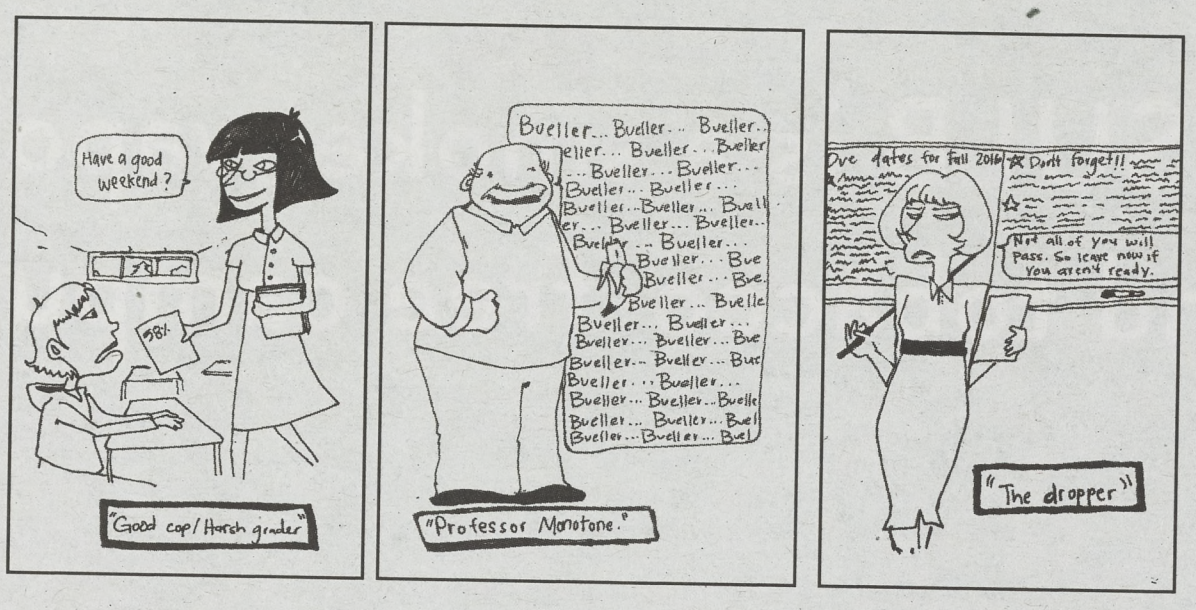


ILLUSTRATION BY MIRANDA ANDRADE CEJA| DAILY 49ER

From buying textbooks to studying for exams, professors are simply another part of our college experience. However, no two professors are the same.

There are so many different kinds of professors that it becomes easier to sort them into funny categories — although some of these professors are far from funny.

Here are some of the many educators you may run into during your time at The Beach.

PROFESSOR MONOTONE

From "Hi" to "Class dismissed," this professor's voice won't change a pitch throughout the semester, and it'll piss you off at least once.

You won't know when something this professor says is important or irrelevant, but you'll be jotting down notes like a lunatic trying not to miss anything. Word of advice: You can't change the person's Ben Stein-like voice, but you can change your attitude about the situation. Be more of an optimist. Instead of deeming their voice "boring," consider it hypnotic instead.

After all, hypnotic things usually draw one's attention while boring things encourage one to stop listening.

GOOD COP/HARSH GRADER

You walk into class on the first day and from the looks and sounds of it, this professor doesn't seem like a regular professor– they're a cool professor! You just hit the rate-my-professor jackpot without even checking the reviews! Awesome.

Everything's going great until you get your first graded assignment back. "Uh, what do you mean I failed?" you say to yourself.

Beware of the harsh grading professor that comes off as your BFF.

Word of advice: so they grade like a tyrant, but they come off as a total sweetheart! You have an advantage here. Go up and create a genuine relationship with the professor. After all, they're very approachable.

Ask them upfront, and in a friendly fashion, what they expect from you in the course. Trust me, they'll let you know.

Problem solved.

THE ACCENT

At least you understood the professor with a monotone voice — what in the world is this one even saying?

This is where you really have to leave your biases at the door, and embrace a new way of comprehending language. After all, the professor is trying their best to speak to you in a native tongue, so you have to try your best to understand them.

Word of advice: Learn to decipher the sounds of the words coming from the professor you deem inaudible. It could be as easy as changing a "w" sound to that of an "r"— or maybe it'll be a little more difficult.

Listen closely to the way they enunciate words. You'll eventually catch on.

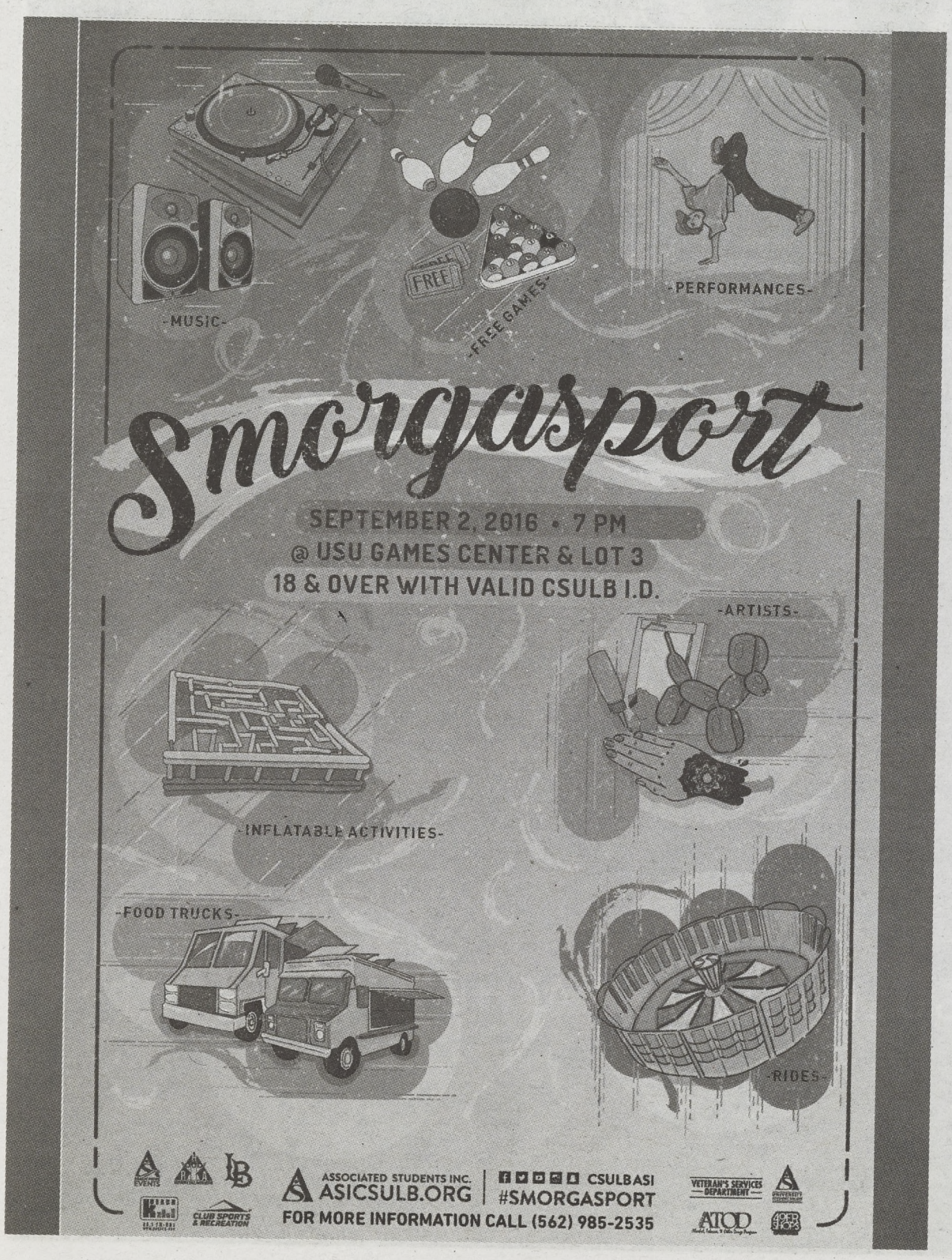
And if you can't, then hey — at least your textbook is in English, right? If it isn't, I really hope you're studying a foreign language.

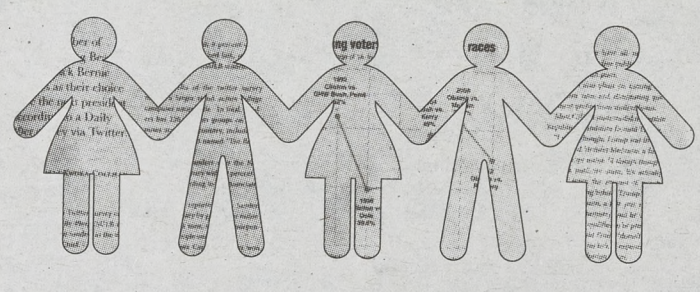
THE DROPPER

It's your first day and you're a bit nervous. Your professor walks into class and immediately you get some antagonistic vibes coming off of them.

They ask you to pull out the syllabus and your heart stops. The workload is insane, and the grading scale seems a little unfair as well.

see **PROFESSOR**, page 9





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PROFESSOR

continued from page 8

"If you can't handle this class, drop it," they tell you on the very first day you meet them.

Word of advice: Don't drop that class. Go for it! This is what being a college student is about – overcoming what may seem like the biggest educational obstacles in pursuit of a degree.

> "Professors are another part of our academic careers— learn to navigate through them and make sure to figure out which one you work with best."

Take the challenge. Don't let that professor's words intimidate you, because you might not only end up passing the course with a decent grade, but also end up liking the professor who put you through a quick – yet unforgettable – taste of hell.

THE NON-STOP LECTURER

There are a plethora of other kinds of professors, but I'll end the list with this experienced scholar. This professor knows what they're talking about, and they are very passionate about it.

You'll admire their vast knowledge while only being able to jot down every sixth word they say in your notebook. Not to mention you'll appreciate their detailed way of teaching while also wondering why they chose to tell you everything they know about the subject in one lecture. Word of advice: Sit back and enjoy the informative lectures and let a voice recorder do all the work. Yeah, you'll have to go back to dig for the necessary info later, but you'll have it all saved.

Who knows, you might become the next expert on the topic after listening back to the recorded lectures.

Professors are another part of our academic careers — learn to navigate through them and make sure to figure out which one you work with best.

BRING IT

continued from page 6

is something to always keep on your person. There are campus shuttles constantly circling campus as well as shuttles going to the Beachside dorms, Los Coyotes Diagonal and Anaheim Street, and all you needs to do to catch a ride is flash a CSULB student ID card.

On top of that, your ID card is also how to access Beach Club money. Students need Beach Club for printing in the library or Horn Center, but it can also be used in the Beach Walk or The Nugget Bar and Grill to purchase food or even beer. Students can find kiosks in all these places to add money to their Beach Club account, but students signed up for the dorms' value meal plan might be surprised to find their card already stocked with $150.

Small appliances: This is a recommendation specifically for students moving into a dorm room this fall. You should not bring a mini-fridge to class, but it is a great thing to have in a dorm room – as well as a microwave. Dining hall meals will only be available during certain hours that may not fit well into your schedule, and depending on the meal plan you may have to limit yourself to only one dining hall visit some days. Places to store and heat easy snacks that are available at all hours will be a luxury that will help you stay on a budget.

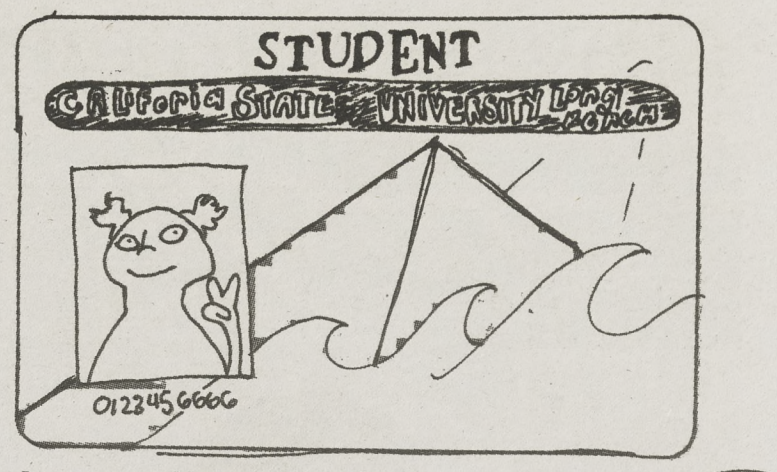

ILLUSTRATION BY MIRANDA ANDRADE-CEJA

Possibly the best appliance to have in a dorm room is a coffee maker. Nearly every student is bound to experience a couple late night study/homework sessions. Coffee won't just help you to stay up to get work done, but it will get you through the next day too. No one should get to tell you when or where to drink coffee.

Daily 49er

Editorial Office
Phone (562) 985-8000
Fax (562) 985-7994

1250 Bellflower Blvd., LA4-201
Long Beach, CA
90840-4601

General Manager
Beverly Munson
(562) 985-5736

Design Adviser **Gary Metzker**
Content Adviser **Barbara Kingsley-Wilson**

Business Office
Phone (562) 985-8001
Fax (562) 985-1740

1250 Bellflower Blvd., LA4-203A
Long Beach, CA
90840-4601

Micayla Vermeeren
Editor-in-Chief
eicd49er@gmail.com
(562) 985-7998

Miranda Andrade-Ceja
Managing Editor
managingd49er@gmail.com

News Editor **Yasmin Cortez**
cityd49er@gmail.com

Arts and Life Editor **Jason Enns**
artsnlifed49er@gmail.com

Sports Editor **Matthew Simon**
sportsd49er@gmail.com

Opinions Editor **Jorge Paniagua**
opedd49er@gmail.com

Multimedia Managing Editor **Yasmin Cortez**
Photo Editor **Trang Le**
Design Editor **Lindsey Maeda**
Assistant Design Editor **Jade Inglada**
Social Media Editor **Robert Yagake**
Special Issues Editor **Liam Brown**
Exec. Video Producer **Johnny Romero**

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Illustration By Miranda Andrade-Ceja | Daily 49er

From full-time student to sandwich maker

How my first college relationship got me in serious trouble.

By Jorge Paniagua
Opinions Editor

I'm sure that as you made your way down Cal State Long Beach's vast campus during your SOAR orientation tour, you may have thought about all of the great memories that are soon to come during your first year at The Beach.

You might have thought about what kind of professors you'll have, what sort of friends you'll make, what kind of clubs you'll join – and even who you'll end up dating.

Will your new partner be fun and outgoing, or shy and reserved? Will they love to go out on adventures, or stay in and cuddle? I know I would consistently ask questions similar to these before I began my college endeavor.

However, what I should have asked myself was: Will my first college relationship end up distracting me so much from school that I'll end up getting kicked out of CSULB?

Take a big hint — that's what happened.

Year One

I came out as a gay man shortly before my freshman year of college.

Coming out was both a frightening and exciting time for me. Before accepting my sexuality, I was convoluted. I would constantly deny the fact that I was gay, but also yearned for a boyfriend.

Having a relationship was always a goal of mine. I longed to be a part of one — able to share serious conversations, amazing stories and great times with the love of my life.

I had downloaded a gay-dating app at the start of my first year at CSULB — at least, dating is what I wanted in hopes of finding an ideal partner.

But I mostly received messages like, "Sup" and "You a top?" By no means do I blame those users for sending me those kinds of messages – I, after all, was on a hook-up app searching for love.

Still, one day I got a message from a car salesman who worked at a dealership not too far from campus. Little did I know that my response – "Hey" to his "Hi"– would start a series of events leading to me being kicked out of CSULB.

We met up for a coffee date during the start of my Spring 2014 semester. We didn't necessarily have anything in common, but I didn't care. I was a hopeless romantic looking for a partner — it didn't matter to me if we liked the same things or not.

After that first date, we hit it off.

The Academics

I was taking a few courses; however, the one I was concerned about passing was my pre-baccalaureate math class (yes, I'm bad at math) known as MAPB-7.

CSULB has a policy regarding this course: If you don't pass it, you have to take an educational leave for one semester to pass the class at a community college. If you don't pass it there, you don't get to be a 49er again.

However, since I had passed MAPB-1 with flying colors, I wasn't too concerned.

Well, not until I found out the guy I was seeing was a party animal.

Nightly clubbing and heavy drinking were his hobbies, and pretty soon they became mine.

I felt the need to sacrifice school for this person. After all, dating a guy was always a dream of mine and it was finally happening.

I was determined to not allow some math class of getting in my way of achieving a relationship – or so I immaturely thought at the time.

Quickly into the semester, I began falling behind in my classes. I remember one day, I got to my math class 10 minutes before it ended. As I made my way in, still hungover from the night before, the professor told me, "What a shame, Jorge. You missed the first midterm."

I had partied through an entire semester, and although I had managed to achieve "C" grades in some of my classes, that wasn't the case for MAPB-7.

I remember a few days before the final I walked up to my professor after class to ask about my current grade.

Her answer that there was no point in coming to take the final – because even if I earned a 100 percent score on it, I would still need 200 points to pass the class — was a slap in the face.

But I kept my cool, and thought: "OK, no biggie. I'll just take this class at Long Beach City College or something. An educational leave isn't that bad."

However, it didn't feel like a temporary leave.

I felt that I had been kicked out of the school I had worked so hard to get accepted into.

I was taking the equivalent to MAPB-7 at Rio Hondo College. It was an online course, but I didn't realize that I had to show up in person to take the tests. Which I, of course, failed to do.

True Colors

I failed the math course at the community college, and my relationship was failing too.

Unfortunately after a few months, heavy drinking and constant arguments became the norm in the relationship.

One weekend night, what I thought would be one of our usual verbal arguments turned into a physical altercation — one that would leave my face severely swollen for two weeks and scare my mom half to death.

To make a long story short, after that night, I realized I had lost my relationship and my shot at getting a university education.

The "Sandwich Stylist" Era

Summer had come to an end and while CSULB students were returning to school for the fall semester, I was working at Jersey Mike's Subs in North Long Beach.

It was a depressing time for me as I was not only heartbroken from a failed relationship but also lived under the shadow of my older sister, who had recently graduated from CSULB.

Before I knew it, the Fall 2014 semester was about to end for CSULB students.

I realized that If I didn't pass a class before the spring semester began, I wasn't going to be a 49er again.

"How the hell am I supposed to get a math class between the fall and spring semester?" I thought. There was one option to re-take that math class. One very expensive option. Winter at CSULB.

Bringing it back

After an intense four weeks of class where nearly any free time I had was spent studying and doing homework, I took the final.

It took a few days to receive my overall grade, which would be either "credit" or "no credit," and I felt a deep sense of anxiety before receiving it. I would constantly place myself in scenarios where I didn't pass and would end up becoming a manager at Jersey Mike's.

But thankfully, I saw "credit" right beside my name, and knew then and there that I was back.

I returned to campus a few days later to show the necessary proof to come back in as a student.

Saying I was excited to be back at CSULB would be an understatement. It felt as though I had been accepted into the university for a second time.

I remember having the biggest smile on my face as I made my way in the first class of my sophomore year. I was beyond grateful to be back in class listening to long lectures and reading textbook after textbook.

There's nothing like being a university student, truly nothing compares.

I had taken being a CSULB student for granted, but I wasn't going to let anything, or anyone, get in the way of my academic success again.

It's important to stay focused on earning not only your degree but also a quality education. No relationship is worth losing that.

On-site transportation free of charge

The routes you need to know at CSULB.

BY YASMIN CORTEZ
News Editor

For students who want to kick off the semester without huffing and puffing, sweat-less backs and actually arrive to class on time, there are answers and there are ways. Cal State Long Beach has answered students' prayers by offering free public transportation and on-campus shuttle services.

On-Campus Shuttle:

The campus shuttles are free to all current students and faculty and run Monday through Thursday, arriving about every 15 minutes to shuttle stops.

There is a Live Bus Map feature on the desktop and mobile versions of the CSULB site www.csulbshuttle.com with live satellite GPS tracking of all CSULB shuttles. The site can track the nearest stops and can send text alerts with the arrival information of the next desired shuttle.

All scheduling information courtesy of CSULB Campus Shuttle website.

Los Coyotes Shuttle:

Monday through Thursday, 7:15 a.m. – 11 p.m.

Shuttles will arrive approximately every 15 minutes, traffic and weather permitting. Schedule with locations listed below:

Stops and Times

A - Los Coyotes Diagonal/Ferro St. - 13, 28, 43, 58 after the hour

B - Garford St./ Park Ave. – 15, 30, 45, 60 after the hour

C - Brotman Hall (CSULB) – 03, 18, 33, 48 after the hour

First shuttle picks up at 7:13 a.m. at Los Coyotes/Ferro

Beachside shuttle:

Monday through Thursday, 7:15 a.m. – 11 p.m.

Friday, 7:15 a.m. – 11 p.m.

Saturday and Sunday, 11 a.m. – 11 p.m.

Beachside Shuttles arrive every 15 to 20 minutes on weekdays before 7 p.m., and every 40 minutes after 7 p.m. and on weekends, traffic and weather permitting. Priority seating is offered to Beachside residents with Beachside ID sticker.

East and West Loop:

East Loop: Monday through Thursday, 7 a.m. – 7 p.m.

West Loop: Monday through Thursday, 7 a.m. – 7 p.m.

All Campus Tripper: Monday through Thursday, 7 p.m. – 12 a.m. Friday, 7 a.m. – 5 p.m.

East and West Loop shuttles arrive every 15 minutes, traffic and weather permitting. The All Campus Tripper arrives approximately every 15 minutes, and operates in a clockwise loop around the entire campus during times when the East and West Loop shuttles are not in operation.

NEW- Anaheim Street Shuttle:

Monday through Thursday, 7:20 a.m. – 11 p.m.*

*Shuttles will run limited hours (7:20 a.m.-7:30 p.m.) during the week of Aug. 15-18.

NOTE: CSULB pick-up/drop-off location will be on West Campus Drive directly in front of the Library until Lot 7 construction is completed.

Shuttles will arrive approximately every 30 minutes, traffic and weather permitting. Schedule with locations listed below:

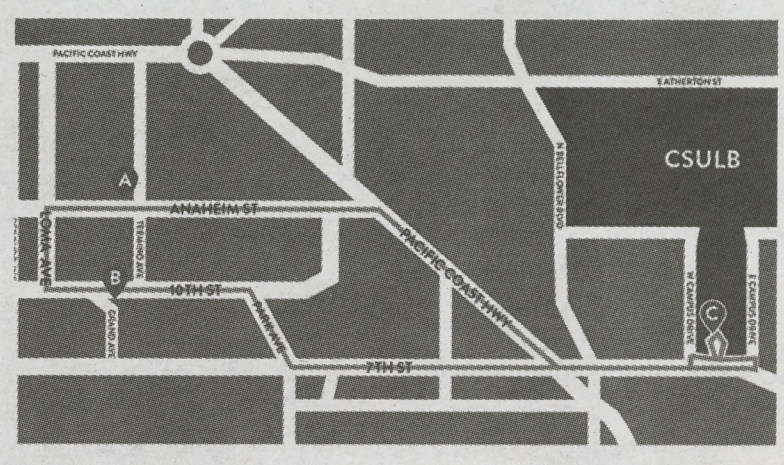
Stops and Times

A - Anaheim St./Termino Ave. – 20 min & 50 min after the hour

B - 10th St./ Grand Ave. – 25 min & 55 min after the hour

C - McIntosh Building (CSULB) – 10 min & 40 min after the hour

First shuttle picks up at 7:20 a.m. at Anaheim/Termino



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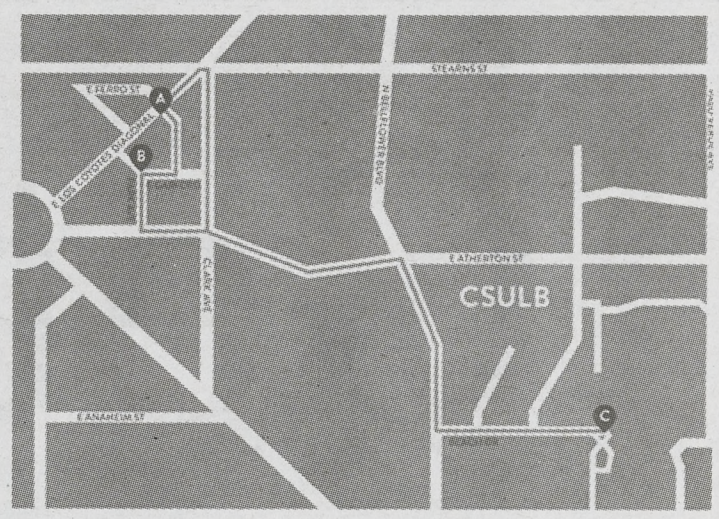

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Photo Courtesy of CSULB.EDU

The Student Recreation and Wellness Center is a great resource for incoming students. The facility provides various activities for students to indulge in.

Get Rec'd

For incoming students, the Student Recreation and Wellness Center provides a variety of activities and amenities.

By Matthew Simon
Sports Editor

Ten-hut!

Listen up, all you blurry-eyed newcomers.

I'm here to make life easier as you enter your first year at The Beach.

If you follow these two instructions, you may avoid that freshman 15 and gain some useful knowledge about one of the best things on campus: the Student Recreation and Wellness Center (SRWC), which is located on the northeast side of campus bordering Palo Verde Ave.

Step One: Don't call it the Student Recreation and Wellness Center. It's The Rec. Don't forget that.

Step Two: Get your butt over to the Rec and have your handprint scanned so you can use the facilities immediately. The handprint is needed because the facilities use fingerprint recognition to verify identities, instead of using a campus ID card.

After following those two steps, you will be able to use the facilities at during open hours – and yes, it's somewhere to go when you have a break between classes or need to blow off some steam after a stressful day.

From the workout facility to indoor basketball courts, this will be a privilege you'll want to take advantage of.

For those who enjoy the occasional adrenaline rush accompanied by treacherously tall heights, there's a rock climbing wall.

And if you're into running but don't like the Long Beach sun, there's an indoor track.

Now, if running or scaling walls isn't for you and you like to be actively playing sports, fuel that competitive spirit by joining one of numerous intramural sports teams that play throughout the week for just a few bucks.

If you like to play soccer, they have that. If you enjoy basketball, they have that, too. If you like softball – well, you get the point. These intramural teams offer a wide variety of options and provide you competition against your peers.

And if you're afraid to join because you don't know anyone? Don't worry about it. The Rec has a solution for you with free agent teams, where you team up with other floaters.

Before we get into the workout portion of the Rec, it's also a spot for students to go and finish up work. There are tables where you can study and Wi-Fi for all your data needs. Don't worry about your computer dying, there are outlets so you can charge up. Along with the study spot, the Rec has a Robek's if you feel you need a little boost to get you through the day.

And for those of you commuting, you'll have one more reason to get involved on campus.

The Rec has different hours each semester. The summer hours are: Monday - Friday 6 a.m. to 9 a.m., Saturday 7 a.m. to 5 p.m. and Sunday 10 a.m. to 4:30 p.m.. Those hours will change Aug. 22, so be sure to check www.asirecreation.org for those updates.

There you have it: the kickstart to your fitness needs at the Beach.

Now, drop and give me five.

FAST FACTS: SRWC

Hours: Mon.-Thurs.: 6 a.m. - midnight, Fri.: 6 a.m. - 9 p.m., Sat.: 7 a.m. - 6 p.m. and Sun.: 10 a.m. - 6 p.m.

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- Swimming lessons

Website: www.asirecreation.org

Phone: (562) 985-0775

Monday	Tuesday	Wednesday	Thursday	Friday
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Open Softball - $125/team Badminton (Doubles) - $10/participant Indoor Soccer - $100/team	Coed Volleyball - $100/team Racquetball (Singles) - $10/person	6 ft & Under Basketball - $125/team Open Soccer - $100/team	Open Basketball - $125/team Women's Basketball - TBA	Coed Soccer - $150/team Flag Football - $150/team

The intramural sign ups are Aug. 22 to Sept. 15. These meeting dates are mandatory in order to participate. All rosters are due Sept. 15 at 8 p.m.